

Note to Self: How to Receive Love

Do not shrug off
the gift of the
stranger's smile,
the friend's embrace,
the grandchild's hand
in yours.

There are so many ways
to receive love.

All of the offerings,
small and not-so-small,
together could fill
and nourish
your hungry heart,
if only you would
recognize and
welcome them in.

All your life
you have wished to be
one of those regarded as
open-hearted and loving,

The truth is,
it is not that
you give insufficiently.

It is that you do not
replenish the supply
by accepting fully
and consciously

all that is offered
to you.
EndFragment

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